

## ABSTRACT

An ear muff, including a support having a fastener integral with a hoop, the fastener including mechanism for gripping, the gripping mechanism including a perimeter defining an aperture, a projection extending into the aperture, the hoop having a rail defining an opening, the hoop having an expanded position and a compressed position, the compressed position being approximately half the diameter than the expanded diameter; and a cover including an outer cover defining an opening and an insulator disposed therein, the opening being sized to receive the hoop in the compressed position and not receive the hoop in the expanded position.